

July 2010

Volume 34 Issue 7



WEST CHESTER AREA SENIOR CENTER

Senior News & Views

West Chester Area Senior Center

530 East Union Street (610) 431-4242 FAX: (610) 429-9296

WWW.WCSENIORS.ORG

Monday-Friday 8:00 to 3:00

Pack Your Bag Diabetes Program

CVS pharmacists will present this educational program on Monday, July 12 at 1:00. Pharmacists will also be available for one-on-one meetings. Bring your medications and supplements and the pharmacist can check for interactions, side effects, etc. Please call the Center to register or sign-up at the front desk.

Living with Arthritis

An occupational therapist from Fox Rehabilitation will provide information on protecting your joints and living with arthritis. Join us on Monday, July 19 at 1:00.

Neighborhood Health Agencies, Inc. monthly Parkinson's Disease Support Group will be held at the Center on Wednesday, July 28 at 1:15.

WCASC GREAT RACE

We would like to thank all of the volunteers, participants, sponsors, and the race committee who helped make our inaugural Great Race a success. The event was held on Saturday, May 22, 2010 and over 170 people walked and ran in the 1 mile or 5K race! It was a community event with grandparents walking with grandchildren, parents running with children, babies in strollers and seniors running! Next year's event is scheduled for Saturday, May 21, 2011. Mark your calendars and bring a friend! We would like to double our participation next year.

July Programs

- Attorney Barbara Davis Paisley will speak about Healthcare Powers of Attorney on Wednesday, July 14 at 1:00.
- Aging With Wisdom Panel will present "Understanding Available Services and Resources for Seniors" on Monday, July 12th at 1:00.
- Blue Cross will present Medicare Matters Educational Meeting on Tuesday, July 13 at 10:00.
- The movie *Invictus* starring Matt Damon and Morgan Freeman will be shown on Tuesday, July 27 at 12:45. Morgan Freeman plays Nelson Mandela and asks the national rugby team captain (Matt Damon) and his squad to do the impossible and win the cup.
- Jon Ewald, Sen. Dinniman's Constituent Outreach Representative, will be at the Center on Thursday, July 10 at 12:30. Stop by for assistance with state programs and other information.

APPRISE and Information and Assistance

Ellen McCabe, WCASC Information and Assistance Coordinator, is available by appointment on Tuesdays, Wednesdays, and Thursdays. Ellen can assist you with information on many senior benefits in the area, including housing options, food stamps, PACE and PACENET (PA State prescription drug program), and APPRISE health insurance counseling.

West Chester Area Senior Center

STAFF MEMBERS

Kathy Sullivan	<i>kathys@wcseniors.org</i>	Executive Director
Mary Kline	<i>maryk@wcseniors.org</i>	Program Coordinator
Philip Picone	<i>philip@wcseniors.org</i>	Meal Supervisor
Doris Russell		Asst. Bookkeeper
Mia Jones	<i>miaj@wcseniors.org</i>	Data Entry
Mary Ann McMullan	<i>maryannm@wcseniors.org</i>	Executive Assistant
Ellen McCabe	<i>ellenm@wcseniors.org</i>	Information & Assistance
Lorri Sarosy	<i>lorris@wcseniors.org</i>	Bookkeeper
Rachel Sierk	<i>rachels@wcseniors.org</i>	Health & Wellness Coordinator
Betty Daniels		Custodian
Rose Marie Klasky		Office Assistant
Marian London		Kitchen Assistant
Jim Mobile	<i>IQStudios@aol.com</i>	Technology & Volunteer Coordinator

INSTRUCTORS

Isabelle Allgood-Neal, Pearl Burger, Dorothe Cialini, Kay Croll, Arthur Dougherty, Ray Doyle, Pierina Disciullo, Doug Fairchild, Margaret Giunta, Lee Hickman, Betty Kane, Anthony Lorenzo, Marianne Pepler, Claire Surr, Gretchen Webb, Debbie Williams, and Glee Young.

BINGO!

WHERE: The West Chester Area Senior Center
530 East Union Street West Chester, PA

WHEN: Every Tuesday evening

TIME: 5:00pm—Doors open. Refreshments available 6:00pm—Bingo begins.

WHO: Adults (No children under 18 permitted)

SPONSORED BY: West Chester Area Senior Center and The Exchange Club of West Chester to benefit the West Chester Area Senior Center and the Exchange Club charities

For more information, call 610-431-4242

Smorgasbord Breakfast!

Our Smorgasbord breakfast will be held Wednesday, July 28th from 7:30 am to 10 am. All you can eat for a suggested donation of \$5.00. The updated menu includes scrambled eggs, pancakes, bacon, sausage, home fries, fresh fruit, assorted cereals, coffee, tea, juice, and a 'bread bar'. Our smorgasbord is open to the public and proceeds benefit the Center. Join us and bring a friend!

******The WCASC will be closed on Monday, July 5, 2010.******

The West Chester Area Senior Center encourages donors to work with their legal counsel to include a bequest donation as part of their estate planning. A bequest in which our Senior Center is named enables the Center to receive a percentage, a dollar amount, or the remainder of the donor's estate. Bequests enable donors to reduce their estate taxes while supporting our Center and our community. Please contact Kathy Sullivan, WCASC Executive Director, for more information.

MIND AND BODY

Arthritis Foundation Exercise Class

This class is held Mondays, Wednesdays, and Fridays at 10:30. *Free to members.*

Tai Chi

Tai Chi is held on Fridays at 9:00 am. \$3 for members, \$5 for non-members

Basic Tai Chi

This basic class is held on Mondays at 2:00. \$3 for members, \$5 for non-members

Healthy Steps in Motion

These classes, on Tuesdays and Thursdays at 10:30, focus on flexibility, strength, balance, and fall prevention. *Free to members.*

Yoga

Yoga is held on Tuesdays and Thursdays at 11:30 am. \$3 for members, \$5 for non-members

Silver Sneakers

Classes are Mondays and Wednesdays and Fridays at 11:15. *Free to members and Silver Sneakers participants.*

Silver Sneakers Cardio Circuit

Cardiovascular exercise is the highlight of this class offered on Mondays and Wednesdays at 9:15. *Free to members and Silver Sneakers participants.*

Ping-Pong Club

Meets Mondays at 12:30 & Thursdays at 11:15. Please come and use our table! Robo—pong is also available. No partner needed to hone your skills! Stop in for more information!

Line Dancing

Line Dancing is held on Fridays at 1:00 pm. \$3 for members, \$5 for non-members

Wii and Wii Fit

The Wii is available to play most days. Stop by the dining room for fitness fun!

Low Impact Aerobics

This class is held on Tuesdays and Thursdays at 9:15. *Free to members.*

German Club

The German Club meets Wednesdays at 10 am.

Spanish Class

We are currently looking for a Spanish instructor.

Italian Class

A conversational Italian Class meets Mondays at 10:30.

Bible Study

This non-denominational group meets on the 2nd and 4th Thursday at 9:30 and is led by Jim Shackleton from Great Valley Presbyterian Church.

Brain Aerobics

Join us for a variety of games and brain exercises to help keep your mind fit on Fridays at 9:30!

Bridge

The bridge group meets on Mondays and Thursdays from 12:00 to 3:00.

Photography Club

The Photo Club will meet on Thursday, July 15 at 10:00.

Art Appreciation Club

The Art Appreciation Club will resume in September.

Pinochle

Pinochle players meet on Wednesdays and Fridays at 10 & 12:30. Instruction is available.

Rummikub

Come to the café on Mondays, Wednesdays, and Fridays at 12:30 and join the fun of rummikub.

Knitting and Crocheting Club

The “knitwits” meet Tuesdays at 12:45. The group is currently making lap robes and baby caps.

Quilting

The quilters meet the 2nd and 4th Tuesdays of the month at 12:45.

Craft Club

Crafters meet Fridays at 12:45. No experience needed! Please come and bring your ideas!

Computer Assistance

Computer help is available in the computer room on Tuesdays from 1:00 to 2:30.

Computer Forum

Doug Fairchild will lead the discussion on Thursday, July 1 and 15 at 1:00.

WCASC Chorus

The Chorus practices on Thursdays at 1:00. New members are welcome. Please call Jim Mobile at the Center for more information.

Nurse

Mary Jo Baldino from Neighborhood Health Agencies, Inc. comes to the Center for free blood pressure screenings and weights on Tuesdays at 10:00.

WCASC Book Club

The Book Club will meet on Thursday, July 8 at 1:00 pm. This month is “Read a Book, Share a Book.”

Chess

The Chess Club meets on Fridays at 12:30. Instruction will be available.

Current Events

This discussion group meets on Tuesdays at 10:30.

Walking Club

A new walking club meets at West Goshen Park on Mondays and Fridays at 2:00. A group also meets at the center on Tuesdays and Thursdays at 10:00.

July 2010 Programs at the Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WCASC CLOSED FOR HOLIDAY</p>	<p>BINGO! Every Tuesday Evening Cash Prizes Refreshments Doors open at 5pm Bingo begins at 6pm</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:30 Healthy Steps in Motion 10:30 Current Events 11:30 Yoga 12:45 Quilting Club/ Knitting Club 6:00 Bingo</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Walking Club 10:30 Healthy Steps in Motion 10:30 Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 1:00 Computer Forum 1:00 Chorus</p>	<p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:45 Crafts/Bingo/Pinochle 1:00 Line Dancing 2:00 Walking @ West Goshen Park</p>
<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:30 Arthritis Exercise Class/ Italian 11:15 SilverSneakers/ Bingo 12:00 Bridge 12:45 Ping Pong/Bingo 1:00 Aging With Wisdom Program 1:00 CVS Pharmacist Pack Your Bag Program 2:00 Basic Tai Chi 2:00 Walking @ West Goshen Park</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 10:00 Nurse/ Walking Club 10:00 Blue Cross Medicare Program 10:30 Current Events 10:30 Healthy Steps in Motion 11:30 Yoga 12:45 Knitting Club 6:00 Bingo</p>	<p>8:00 Breakfast 9:15 Silver Sneakers Cardio Circuit 10:00 German Club/ Pinochle/Blood Pressures 10:30 Arthritis Exercise Class 11:15 SilverSneakers 11:15 Bingo 12:30 Pinochle/ Rummikub</p>	<p>8:00 Breakfast 9:15 Low Impact Aerobics 9:30 Bible Study 10:30 Healthy Steps in Motion /Drawing 11:30 Yoga/ Ping Pong 12:00 Bridge 12:30 Sen. Dinniman Constituent Outreach 1:00 Chorus/Book Club</p>	<p>8:00 Breakfast 9:00 Tai Chi 9:30 Brain Aerobics 10:00 Pinochle 10:30 Arthritis Exercise Class 11:15 SilverSneakers / Bingo 12:30 Rummikub/ Chess/ Pinochle 12:45 Crafts and Bingo 1:00 Line Dancing 2:00 Walking @ West Goshen Park</p>
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July 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cold lunch alternative is available Tuesday through Friday. <u>You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.</u></p>		<p>Senior Center membership is not required for individuals 60 and older to participate in the congregate meal program. All Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost to you for the meal but you must contact the Senior Center to reserve your meal two days in advance of meal service. A voluntary confidential contribution is appreciated to ward the cost of the meal but is not required.</p>	<p>1 Cranberry Juice Roast Turkey w/ Stuffing Peas & Carrots Wheat Grain Roll Seasonal Fruit Cranberry Sauce</p>	<p>2 Romaine Lettuce Chicken Patty on Kaiser Roll Lettuce & Tomato Green Beans Tater Tots Carrot Cake</p>
<p>WCASC CLOSED FOR HOLIDAY</p>	<p>6 Swedish Meatballs Noodles Spinach Whole Wheat Bread Vanilla Pudding</p>	<p>7 July Special Apple Juice Knockwurst on Soft Steak Roll Sauerkraut Baked Beans Italian Water Ice</p>	<p>8 Apple Juice Italian Sausage w/ Pepper & Onions Carrots Baked Potato w/ Sour Cream Corn German Chocolate Cake Soft Steak Roll</p>	<p>9 Orange Juice BBQ Chicken Leg Broccoli Brown Rice Wheat Dinner Roll Tropical Fruit</p>
<p>12 Chopped Romaine Pasta & Meatballs Italian Bread Grated Cheese Apricot Halves</p>	<p>13 Minestrone Soup Tuna Salad w/ Swiss Cheese Tomato & Lettuce Carrot Raisin Salad Seasonal Fruit</p>	<p>14 Cream of Asparagus Cheeseburger on Bun Lettuce & Tomato Tater Tots Butterscotch Pudding</p>	<p>15 Orange Juice BBQ Pulled Pork Cole Slaw Macaroni Salad Hoagie Roll Applesauce</p>	<p>16 Tossed Salad Veal Parmesan Pasta w/ Tomato Sauce California Mixed Vegetables Rye Bread Vanilla Ice Cream</p>
<p>19 Orange Juice Chicken Cacciatore French Green Beans Rice Pilaf Wheat Bread Tropical Fruit</p>	<p>20 Meatloaf Sandwich w/ Gravy Zucchini & Tomato AuGratin Potatoes White Bread Pineapple Tidbits</p>	<p>21 BirthDay Party Pineapple Juice Roast Beef Sandwich w/ Gravy Peas & Carrots/ Mashed Potatoes Whole Wheat Bread Cupcakes & Ice Cream</p>	<p>22 Cranberry Juice Seafood Salad Lettuce & Tomato Pickled Beets Kaiser Roll Honey Dew or Seasonal Fruit</p>	<p>23 Romaine Lettuce Spaghetti & Meat Sauce Japanese Mix Vegetables Italian Bread Strawberry Shortcake</p>
<p>26 Cranberry Juice Hot Turkey Sandwich Broccoli Whipped Sweet Potatoes Rice Pudding Cranberry Sauce</p>	<p>27 Pizza And a Movie</p>	<p>28 Boneless Broiled Chicken w/ Pineapple Glaze Lettuce & Tomato Potato Wedges Kaiser Roll Tropical Fruit</p>	<p>29 BBQ Riblet on Hoagie Roll Cole Slaw Baked Beans Applesauce</p>	<p>30 Tomato Soup Chicken Salad Sandwich Lettuce & Tomato Potato Salad Multi Grain Bun Orange</p>



**Join us for our July Birthday Party on Wednesday, July 21.
Bill & Carol Lea's Country Band will entertain. Please make your
reservations at least three days in advance.**

1-Jul

John Manning
Bonnie Austin
Mary Ann Popma

2-Jul

Jeanne Iannotta
Rita Haley
Catherine Watson

3-Jul

Kay Bennett
Jean Martin

5-Jul

Shirley Porter
Jean Dalton
Alleace Kelliher

6-Jul

Adele Corcoran
Lorna Sandmann
Debby Kern

7-Jul

Marie MacCaughern
William Lamond
Patricia Gilbert

8-Jul

Stephen Quigley
Brenda Malin

9-Jul

Betty Barnes
Robert Ross
Linda Phiel
Marilyn Lecher
Jane Lind

10-Jul

Shirley Dunn
Jean Cassidy
Theodore Sokoloski
Raymond Williams

11-Jul

Virginia Scheffey
Theodore (Ted) Kircher
Gail Sokoloski
Alice Marshall
Peter Ruschok

13-Jul

Anna Young
Barbara Sarmento

14-Jul

Lily Schneider
Nancy Wilz

15-Jul

Jean Oakes
Anne Berardi

16-Jul

Edward Martin
Richard Lytle

17-Jul

Theodora Turner
Margaret Scott
Norma Milner
Miguel Santiago
Phoebe DeRoos
Shakeela Khan
Kathleen McAneny

18-Jul

Mariane Pepler
Everett Cassel
Sean Austin
Ralph Watson
Joseph Ericson
Elwood Sinson
Emery Schaffer

20-Jul

Thomas Wilson
Virginia Cloud
Cynthia Clark

21-Jul

Robert Lambert

22-Jul

Janis Clay
Margaret Williams
Nancy Bazil
Lance Seidel
Maureen Sturges
Dorothy Ruhl
Paula Colman

23-Jul

Norma Castellucci
Margaret Bothell
Anna DeVelin

24-Jul

William Cuff
Marie Eccles

25-Jul

Connie Kramer
JoAnn McClellan
Marie Centanino
Donald Surr
Audrey Herley

26-Jul

Elizabeth Fitzgerald
Edward Bazil
Helen Shumaker

27-Jul

John Edelman
Joseph Vitale
Irene Huntoon

28-Jul

Ann Knopf
Sylvia Shur
Richard Brittingham
Lillian Rizzetto
Janet Wickersham

29-Jul

Martin Brittingham, Jr.
Frederick Ray
Earl Stoltzfus
Raymond Scheivert
Anthony Tuno
Zabeda Aziz

30-Jul

Gay Gillespie
Jeff Kitchen
Gisela Hansen

31-Jul

Kathleen Finegan
Warren Reid
George Harrington

HEALTH AND WELLNESS PROGRAMS

Walking Club

A new walking club meets at West Goshen Park (meet near the playground) on Mondays and Fridays at 2:00. A group also meets at the Center on Tuesdays and Thursdays at 10:00.

Hearing Clinics

Dr. Judith Curtin, AuD., will be at the Center mornings of **July 7, 14, and 21** for consultations, screenings or for hearing aid cleanings. Please call the Center at 610-431-4242 to schedule an appointment.

There is a fee for some services.

Michael Piscotty, Audiologist will be here on **July 13 and 28**. When scheduling for Mr. Piscotty, please ask for Doris.

There is a fee for some services.

Cold Lunch Alternatives (must be ordered 3 days in advance)

Week of July 1

Thurs – Tossed Salad w/ Beef
Fri. – Tuna Salad on Kaiser

Week of June 7

Wed. – Roast Beef & Swiss
Thurs – Chicken Caesar Salad
Fri. - Ham Salad on Pumpernickel

Week of July 13

Tues – Chicken Breast & Romaine
Wed. – Ham Hoagie
Thurs.- Chef Salad
Fri. – Chicken Salad Sandwich

Week of July 20

Tues. – Turkey Breast on Pumpernickel
Wed. – Egg Salad on Tossed Salad
Thurs. – Antipasto Salad
Fri. - Chicken Salad w/ Eggs & Tomato

Week of July 27

Tues – Ham & Swiss on Rye
Wed. – Seafood & Romaine Salad
Thurs – Tossed Salad w/ Beef
Fri. – Tuna Salad on Kaiser Roll

WCASC MEAL PROGRAM

The WCASC serves breakfast **5 Days A Week from 8:00 to 9:30!** Breakfast is cooked to order for a suggested donation of \$3.50. Bring a friend and remember that all proceeds benefit the Center.

Lunch is served daily at noon for a \$1.50 suggested donation for those over 60 and \$4.55 for those under 60. Hot and cold lunches are available. Participants may order 2 meals a day. **Please notify us by 12:00 if you need to cancel your cold lunch.** You may pick up a complete menu at the Center or check it online @ wcseniors.org.

Cold lunch alternative is available Tuesday through Friday. You MUST reserve meal 3 days in advance. Eat at the Center or take home. Available for pick up between 9 and 2.

WEST CHESTER AREA SENIOR CENTER

530 East Union Street
West Chester, PA 19382

Phone (610) 431-4242
Fax (610) 429-9296
Check us out on the web!
www.wcseniors.org

enriching the lives of our senior neighbors through friendship, education, activities, and nourishment

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West Chester, PA

United Way Member Agency



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WEST CHESTER AREA SENIOR CENTER

The West Chester Area Senior Center, a non-profit organization, provides services and programs to persons sixty years or older without regard to race, color, creed, handicap, sex or national origin. The Center is funded in part under a contract with the Chester County Department of Aging Services. Funding is also provided by the Chester County United Way, monies raised by the Board of Directors, Advisory Council, Planning Council, group donations, individual gifts and memorials, wills and bequests. All contributions are tax deductible to the extent allowed by law. The Center's official registration may be obtained from the Pennsylvania Department of State by calling toll free (within PA) 1-800-732-0999. Registration does not imply endorsement. The Center serves the following Townships: East and West Goshen, Westtown, Thornbury, East Bradford, Willistown, Birmingham and the Borough of West Chester.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

